



# DC SAIL

INSPIRING MINDS THROUGH MARITIME EDUCATIONAL EXPERIENCES

August 2023

Dear Parents and Sailors:

Welcome to the DC Sail High School Sailing Program! For those who are unfamiliar with DC Sail, our mission is to promote and sustain affordable, educational, recreational and competitive sailing programs for all ages in a fun and safe environment.

Our High School Racing Program is 100% administered by DC Sail, requiring a **\$550 registration fee per sailor, per season.** (Need-based scholarships are available.)

## Important Weekend Regatta (League) Participation

***Our regional MASSA league has been informed by the national ISSA (Interscholastic Sailing Association) administration that every school represented by sailor(s) must be enrolled with and be registered in the official "TechScore Platform." This is regardless if there is a full "team" of four or more sailors coming from their school.***

This league policy includes "Independent" sailors registered for the season, which will result in an additional fee of up to \$150 to cover the ISSA league fees if the sailor wishes to attend weekend regatta competitions and is the sole sailor from their school. Independent sailors registered with the league will be welcome to attend home and away regattas.

Example of additional fees that will be invoiced separately for three or less students from any given school: (Accordingly, fees for four or more students coming from a given school will also be split among those sailors.)

One Student	\$150
Two Students	\$75
Three Students	\$50

Full teams are four or more sailors attending from a given school and will sail under their school name. Team sailors will attend after-school practices and weekend regattas and if the team performs well, may be invited to the end of season regattas/finals based upon league standings.

For sailors registered to include weekend regatta activity, DC Sail will coordinate the ISSA registrations, and will manage any communications as the primary point of contact. Separate invoices will be issued to parents.

**With that said, we have opted to include a registration level that will allow sailors to attend the after-school practices during the week, but without committing to the league (weekend regatta) participation and additional league fees.**

The number of spots available with our program is limited. Be sure to have completed the online registration and issued full payment. To complete the registration process, sailors are required to present the following hard-copy registration documents to Coaching staff at tryouts or on the first day of practice.

DC Sail  
Business Mailing Address:  
650 Wharf Street SW  
Unit 20  
Washington, DC 20024  
Phone: 202.547.1250  
[www.DCSail.org](http://www.DCSail.org)

Federal Tax ID: 52-2239202

**Chairman Emeritus**  
James Muldoon  
CEO, METCOR

### Officers

Timothy Dickson  
Groundswell Communications, Inc.  
Chairman

Richard O'Brien  
Consultant/Ret.  
Vice-President

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Young Accountancy Group  
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Federal Aviation Administration

Bruce Gates  
Three Oaks Strategies

Horacio Marquez  
OnePak, Inc.

Oliver Whitney  
The Sierra Club

Roberta F. Wilson  
CPA/MBA



**Deadline for online registration is Thursday, August 24, 2023, as capacity permits. We have sold out to capacity for the last several seasons and suspect this season will be similar. DC Sail will not offer “pro-rated” discounts or refunds once the season has commenced. Sailors are required to be fully committed to attend all after-school practices and complete the season prior to registration. (Late registrations will be considered on a case-by-case basis and based on availability. No discounts are available for late registrations.)**

Practice days and the regatta schedule will be emailed to parents/sailors and posted to our webpage once confirmed.

**Life Jackets:**

All sailors will be required to have their own personal life jackets.

**Suggested Life Jacket Resources:** [Please click here](#) for the West Marine website that sells the same Life Jackets that we previously shared with sailors. It is less than \$25 and is perfectly fine and USCG approved. You’re welcome to shop for “sportier” models too – just look for USCG approved inshore Life Jackets. You do not need the more expensive offshore/inflatable types of jackets. There is a West Marine store in Alexandria that is open for foot traffic. Other retailers may include Amazon, REI or Dick’s Sporting Goods as possible options. Recommend you contact their stores to inquire about available stock. “Fanny Pack” type of Life Jackets are not permitted.

For additional gear and operations overview information, please visit our FAQ page at: <https://www.dcsail.org/page-1251682>

We look forward to a terrific sailing season with our High School Racing Program sailors!

With best regards,

Traci Mead  
Executive Director - [tmead@dcsail.org](mailto:tmead@dcsail.org)



# High School Sailing – Fall 2023

## Rules & Regulations

### *Program Participation Checklist*

Sailors:

Like any other JV/Varsity team we use practice time to teach and enhance skills. We expect the following out of our DC Sail sailors, Green Fleet included:

- Attendance** – miss no more than 3 practices in the season
- Tardiness** - tardy no more than 3 practices in a 3-week period
- Attitude** - demonstrate a positive, cooperative, and sportsmanlike attitude
- Boat Skill** - demonstrate competence and safety

#### **Attendance**

- Sailors will attend each scheduled practice.
- Sailors should arrive on time to each practice.
- **A sailor is considered “on time” if he/she is standing on the dock, dressed and ready by 4:00 PM.** Missing or late arrival to practice or regattas is considered a hindrance to fellow sailors and Coaching Staff.
- Sailors, and parents, are expected to communicate any anticipated absence.

#### **General Policies**

- Forms and registration fees must be completed prior to attending practice and delivered to Coaching staff at either tryouts or first day of practice. .
- To ensure safety, sailors must follow the instructions of the Coaches at all times.
- Good manners and sportsmanship are always expected.
- Appropriate language must always be used.
- The Coaches make the final determination as to qualification to participate on a daily basis.

#### **On-the-Boat & Docks Policies**

- Coast Guard-approved Personal Flotation Device (PFD) must always be worn while rigging and on the water. Sailors will be required to bring their own personal life jacket to practices and regattas.
- Sailors will rig and sail their boats to and from the practice area in an orderly fashion.
- Sailors will return boats and equipment to proper storage areas and alert Coaches immediately of any discrepancies or broken equipment.

#### **Diamond Teague Park Piers Policies**

- Sailors must speak at an appropriate volume and follow all rules when inside the property of Diamond Teague Park Piers.

#### **Clothing Requirements**

- Shoes must always be worn (water boots are best).
- Dry or wet suit w/spray top required when wind + water temperature is less than 120° F.
- Appropriate sailing clothing/gear shall always be worn.

#### **Transportation**

- Transportation to and from the practice is the responsibility of the parent / student.
- Transportation for out-of-town events is the responsibility of the parent / student.

#### **Insurance**

- Students are covered under NMHF insurance when physically on NMHF property (Diamond Teague Park Piers.)
- Students must be covered by their family insurance policies when traveling and participating in regattas and/or practices not held on NMHF premises.



## High School Sailing – Fall 2023 Registration Form

**Sailor's Name:** \_\_\_\_\_  
(Student) First Last

**Address:** \_\_\_\_\_  
(Mailing) Number and Street  
\_\_\_\_\_  
City State Zip

**Phone:** \_\_\_\_\_  
Home Cell

**Email:** \_\_\_\_\_

**School:** \_\_\_\_\_

**Grade & Year of Graduation:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Parent Name:** \_\_\_\_\_  
(Parent) First Last

**Address:** \_\_\_\_\_  
(Mailing) Number and Street  
\_\_\_\_\_  
City State Zip

**Phone:** \_\_\_\_\_  
Home /Work Cell

**Email:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_

**Relationship:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Program Cost: \$550.00 per student paid before the first day of practice – Online registration and payment are due no later than Thursday, August 24, 2023 or earlier should capacity has been reached.**

Need-Based Financial Assistance available upon request if you have an annual household income of less than \$50,000.00 with verification, **DC Sail will not offer "pro-rated" discounts or refunds once the season has commenced.**

As the parent or guardian of the above-named student I am aware of the requirements and expectations of the NMHF High School Program. I understand that I am responsible for my child's transportation to and from the sailing center and that I am responsible for my child during all after-school hours that sailing practice is not being held. The above-named child has my expressed permission to participate in the High School Sailing Program at the National Maritime Heritage Foundation – Washington, DC.

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
Parent or Guardian Signature

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
Student (sign if 18 or older)



## High School Sailing – Fall 2023 Authorization and Consent to Medical Treatment of Minor

I, the undersigned parent or guardian of \_\_\_\_\_, a minor, do hereby consent to any emergency X-Ray, medical, or surgical treatment or hospital care which is deemed appropriate by, and is to be rendered to my child under the general or special supervision of any physician or surgeon licensed under the provisions of the Medical Practice Act.

It is understood that this authorization is given in advance of any specific diagnosis, treatment, or hospital care being required, but is given to provide authority and power on the part of the aforesaid agent(s) to give specific consent to any and all such diagnosis, treatment or hospital care which the aforementioned physician in the exercise of his best judgment may deem advisable; and neither said agents or organizations involved assumes any financial responsibility for exercising this action. This authorization is given pursuant to the provisions of the Civil Code for the District of Columbia.

Family Doctor: \_\_\_\_\_  
Name Phone

Persons to contact in emergency:

I. \_\_\_\_\_  
Name Phone

I. \_\_\_\_\_  
Name Phone

Existing medical or learning problems:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Known Allergies (e.g. bee stings):

\_\_\_\_\_

Health Insurance Policy Holder: \_\_\_\_\_

Plan and Group Number: \_\_\_\_\_

This authorization shall remain effective until revoked in writing.

Signature: \_\_\_\_\_  
(Parent or Legal Guardian)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Mother's Phone: \_\_\_\_\_  
Home Work Cell

Father's Phone: \_\_\_\_\_  
Home Work Cell



## High School Sailing – Fall 2023 Student Code of Conduct

Please read the following provisions carefully. Both the student and a parent or guardian are required to sign below and return to NMHF.

The primary goal of the National Maritime Heritage Foundation High School Sailing Program is to train young men and women in the basic and advanced skills of sailing, seamanship, and competitive sailboat racing. Safe boat handling skills and good sportsmanship are important aspects of the program. To achieve these goals, NMHF requires all students to follow these rules:

### **GENERAL SAFETY**

1. A Coast Guard-approved PERSONAL FLOATATION DEVICE (PFD) must always be worn properly secured when in boats/docks and at other times as directed.
2. Students should wear clothing appropriate for prevailing weather conditions. Suitable footwear must always be worn. Open-toed footwear is not acceptable.
3. No glass containers are allowed anywhere on the grounds of NMHF or in the boats.

### **BEHAVIOR**

1. Sportsmanlike conduct is expected of students at all times, on and off the water. Foul language, disruptive behavior, or disrespectful comments or gestures will not be tolerated.
2. No running, pushing, or swimming is permitted.
3. Piers, ramps, and electric hoists are to be used only for their specified purposes.
4. Students will return boats and equipment to proper storage areas as soon as possible upon completion of the day's activities. All personal gear and items will be properly secured, and the dock and ramp areas will be kept clean, neat and free from obstructions.
5. Student will not tamper with, use or borrow equipment or other items that do not belong to them. Unauthorized use of another's property constitutes theft.
6. Students must recognize that we are guests of Diamond Teague Park Piers.
7. Use of alcohol, drugs, and other banned substances is strictly forbidden.

### **STUDENT AGREEMENT**

I understand that in entering this sailing course I agree to obey all program rules as set forth by the program staff, that I will use utmost care in the use of boats and equipment, and that I will not engage in any horseplay or their disruptive behavior. I understand that failure to attend regularly, arrive promptly, and abide by the rules here set forth may result in my suspension or expulsion from the program without refund.

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Student Signature

Date

### **GUARDIAN'S AGREEMENT:**

I understand the contents of this statement and agree to see to it that our child adheres to the program rules. I agree to assume the obligation for the expenses of repair and/or replacement of club/program equipment that is attributable to my child's reckless or irresponsible behavior. I agree to make an appointment for a parent-instructor conference, if requested.

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Parent/Guardian Signature

Date



## **ASSUMPTION OF RISK AND RELEASE OF LIABILITY**

**NOTICE: This release form is a contract with legal consequences. Please read carefully before signing.**

Prior to using DC Sail equipment and facilities I hereby freely and voluntarily agree to the following representations, waivers and agreements.

I know and understand that sailing is an activity with a risk of personal injury, property damage and death. I agree that I am responsible for abiding by all of DC Sail's rules and safety precautions including wearing a Personal Flotation Device (PFD) at all times when in the vicinity of the water, both on the dock and the boat. While participating in any DC Sail activity, I agree to operate the program's watercraft in a safe and proper manner and to observe the rules of safe seamanship at all times. I certify that I have no undisclosed physical or medical condition, which, to my knowledge would endanger myself or others while I participate in DC Sail activities. I hereby consent to receive treatment in the event of my injuring, accident, and/or illness during any DC Sail activity.

Being fully aware of the risks, conditions, and hazards associated with sailing, I HEREBY ACKNOWLEDGE that DC SAIL and THE NATIONAL MARITIME HERITAGE FOUNDATION, COASTAL PROPERTIES, and the GOVERNMENT OF THE DISTRICT OF COLUMBIA, their directors, elected officials, officers, employees, founders, members, sponsors, and other organization-affiliated individuals and/or entities are not responsible for injury, illness, death, or damage to personal property. I FURTHER AGREE TO WAIVE, RELEASE AND DISCHARGE for myself, my heirs, executors, administrators, legal representatives, assignees and successors an interest in any and all claims of damages for death, personal injury or property damage which I may have or which may result from my participation in a DC Sail activity. I agree that this is regardless that such injury or damage was the result of negligence or carelessness on the part of the persons or entities mentioned above, and whether such injury or damage was foreseeable or not, including such claims regarding the design, condition of any equipment utilized by me in all activities.

I further agree to forever HOLD HARMLESS and INDEMNIFY all person and entities identified above, specifically from any and all liability for death, personal injury or property damage resulting from my participation in DC Sail activities of any kind.

I give NMHF permission to publish photos, videos and recordings taken of myself during any DC Sail activity. I understand that I will not be paid any royalty or other compensation and I waive any right I may have to payment if a photo, video or recording is published.

I also agree, for myself and my successors, that the above representations are not mere recitals and that they are binding; and that should I or my successors assert any claim in contravention of this agreement, I or my successors shall be liable for the expenses (including legal fees) incurred by the other party or parties in defending against such a claim unless they are found liable for willful and wanton negligence. This document contains the entire agreement between the parties and if any term of provision of this agreement is found invalid or unenforceable, the remaining terms and provisions of this agreement shall remain binding and enforceable.

I acknowledge that I am 18 years of age or older, and that I have read and understand the contents of this document.

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(Please PRINT Name Here)

(Signature)

(Date)

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If participant is under 18,  
(Please PRINT Guardian's name)

(Guardian's Signature)

(Date)



**High School Sailing – Fall 2023**  
**CONFIDENTIAL – Scholarship Application Form**  
**(Complete only if applying for scholarship.)**  
*(To be completed by parent or legal guardian.)*

Program Participant: \_\_\_\_\_

Parent or Legal Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

City State Zip

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Program: \_\_\_\_\_ High School Sailing Fall2023 Tuition = \$100 for Season

In order for the Program Participant to be eligible to receive a NMHF Scholarship, your **annual household gross** income for the previous calendar year must not exceed \$50,000. Please attach copies of the following documents as proof of eligibility.

- a) Completed and signed IRS Form 1040, 1040A, 1040EZ or other tax form. (2022)
- b) IRS Form W-2 and/or 1099 reports issued by Parent or Guardian’s Employer. (2022)
- c) Last Pay Statement showing gross income paid to Parent or Guardian for 2022

*(Note: Applications received without required documentation will not be considered, registration cancelled, and tuition paid will be fully refunded. All Scholarship Application Forms are kept strictly confidential.)*

I understand that financial support by the National Maritime Heritage Foundation (NMHF) of my child’s participation in no way implies endorsement or a guarantee of safety on behalf of any sail training program. I understand that activities on the water carry some risk, and that I have examined the operations of the NMHF to the degree that I am comfortable in bearing responsibility for that risk.

Parent/Legal Guardian Signature \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

National Maritime Heritage Foundation  
DC Sail  
650 Wharf Street SW  
Unit 20  
Washington, DC 20024